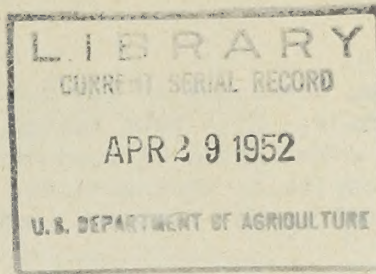


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Recipes for quantity service



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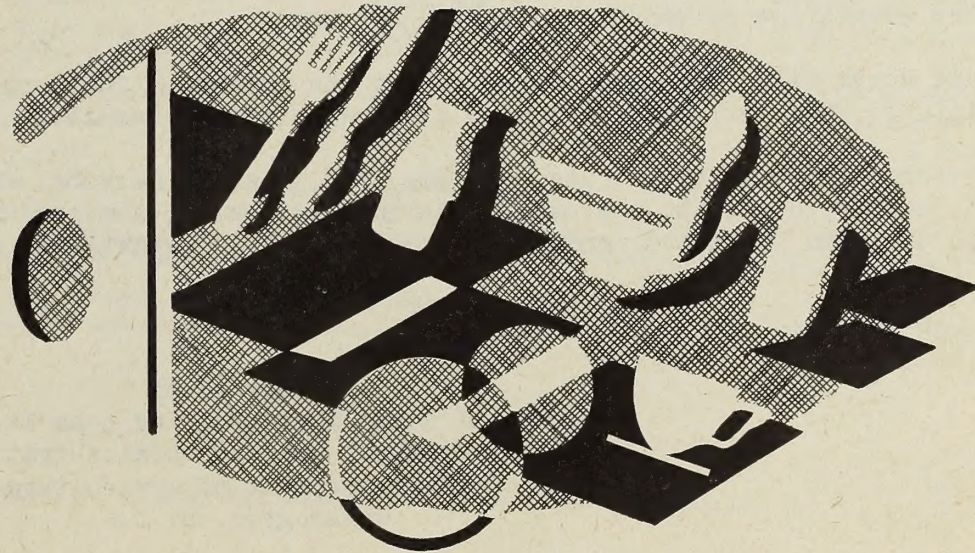
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PA-197 April 1952
(Food Service V)



Bureau of Human Nutrition and Home Economics • U.S. DEPARTMENT of AGRICULTURE

RECIPES FOR QUANTITY SERVICE

These recipes, developed in the institutional recipe laboratories of the Bureau of Human Nutrition and Home Economics, have been tested for practicability, sales appeal, and consumer acceptance in commercial and other types of food service. They are designed especially for the use of restaurants, cafeterias, hospitals, institutions, and college dining halls. There is a wide range in the food cost of the different recipes; some are low-cost recipes suitable for institutions on limited budgets.

In standardizing, enlarging, and testing the recipes, quantities were adjusted wherever feasible to eliminate fractions difficult to weigh or measure. Portion sizes were carefully planned, yields checked, and portion weights adjusted to the nearest practical working figure.

Using the recipes. Weighing of ingredients is recommended because it is speedier and more accurate than measuring. However, approximate measures are also given for most ingredients, because measuring may be preferred. If ingredients are measured, they should be lightly packed in the measuring cup unless otherwise specified. Firm packing, especially of chopped or diced foods, gives more than the weighed quantities on which the recipes are based.

Fluid whole milk was used in developing the recipes. The equivalent in diluted evaporated or re-constituted whole dry milk will also give satisfactory results.

Previous issues in the series, Recipes for Quantity Service, are available to cafeterias, restaurants, hotels, hospitals and other institutions, camps, and church groups. They may be obtained from Bureau of Human Nutrition and Home Economics, U. S. Department of Agriculture, Washington 25, D. C.

Prepared by
Bureau of Human Nutrition and Home Economics
Agricultural Research Administration
U. S. Department of Agriculture
Washington, D. C.

NAVY BEAN SOUP

Portion, 1 cup

Soup

Ingredients	25 Portions	50 Portions	100 Portions
Navy beans	1 pound 8 ounces (3-1/2 cups)	3 pounds (1-3/4 quarts)	6 pounds (3-1/2 quarts)
Boiling water	1 quart	2 quarts	1 gallon
Water	1-3/4 gallons	3-1/4 gallons	6 gallons
Ham and bone	1 pound 4 ounces	2 pounds 8 ounces	5 pounds
Finely chopped onion	10 ounces (1-2/3 cups*)	1 pound 4 ounces (3-1/3 cups*)	2 pounds 8 ounces (6-2/3 cups*)
Sugar	1-1/2 teaspoons	1 tablespoon	2 tablespoons
Salt	2 tablespoons	2 ounces (1/4 cup)	4 ounces (1/2 cup)
Celery salt	1 tablespoon	2 tablespoons	1/4 cup
Whole red pepper (capsicum)**	1	1-1/2	2
All-purpose flour	2 ounces (1/2 cup sifted)	5 ounces (1-1/4 cups sifted)	10 ounces (2-1/2 cups sifted)
Water	3/4 cup	1-1/2 cups	3 cups

1. Add beans to boiling water and boil 2 minutes. Remove from the heat, cover, and let stand for 1 hour. (If more convenient, soak beans overnight in cold water.)

2. Add water, ham and bone, onion, sugar, salt, celery salt, and red pepper. Cook covered for 3 hours.

3. Blend flour and water and add to the soup. Simmer 10 minutes, stirring occasionally.

4. Remove pepper and ham bones. Serve with a garnish of chopped parsley.

* Well packed

** About 1 inch, dried.

BARBECUED HAMBURGERS

Portion, 2-1/2 ounces meat mixture, 1 roll

Main dish

Ingredients	25 Portions	50 Portions	100 Portions
Ground raw beef	3 pounds	6 pounds	12 pounds
Salt	2 teaspoons	4 teaspoons	3 tablespoons
Pepper	1/4 teaspoon	1/2 teaspoon	1 teaspoon
Chopped onion	1-1/2 ounces (1/4 cup)	3 ounces (1/2 cup)	6 ounces (1 cup)
Evaporated milk, undiluted	1/3 cup	2/3 cup	1-1/3 cups
Barbecue rolls	25	50	100
Butter or margarine	4 ounces (1/2 cup)	8 ounces (1 cup)	1 pound (2 cups)
SAUCE:			
Catsup	1 cup	2 cups	1 quart
Worcestershire sauce	3 tablespoons	6 tablespoons	3/4 cup
Chili powder	3/4 teaspoon	1-1/2 teaspoons	1 tablespoon
Salt	3/4 teaspoon	1-1/2 teaspoons	1 tablespoon
Hot pepper sauce	1/4 teaspoon	1/2 teaspoon	1 teaspoon
Water	3/4 cup	1-1/2 cups	3 cups

1. Combine beef, salt, pepper, onion, and milk.
2. Split rolls and toast both cut sides. Keep top halves warm.
3. Spread bottom half of each roll lightly with butter or margarine and sprinkle with salt.
4. Using a No. 20 scoop (3 tablespoons) portion the beef mixture on buttered side of roll and spread so that the edges are well covered.
5. Place at lower level under broiler. Cook for 5 minutes, until beef is light brown.
6. Make sauce: Combine ingredients and blend thoroughly.
7. Spread sauce over beef (1 tablespoon per roll). Return to broiler until sauce is hot (about 3 minutes).
8. Serve top half of roll on plate beside barbecued hamburger. Garnish with parsley and serve hot.

HAM TURNOVERS

Portion, 1 turnover with 2 tablespoons sauce (6 ounces)

Main dish

Ingredients	25 Portions	50 Portions	100 Portions
HAM MIXTURE:			
Ground cooked ham	1 pound 12 ounces (1-1/2 quarts*)	3 pounds 8 ounces (3 quarts*)	7 pounds (1-1/2 gallons*)
Finely chopped onion	2 ounces (1/3 cup**)	4 ounces (2/3 cup**)	8 ounces (1-1/3 cups**)
Tomato sauce	1 cup	2 cups	1 quart
Chopped parsley	2 tablespoons	1/4 cup	1/2 cup
Pepper	1/4 teaspoon	1/2 teaspoon	1 teaspoon
Dry mustard	3/4 teaspoon	1-1/2 teaspoons	1 tablespoon
Prepared horseradish	3/4 teaspoon	1-1/2 teaspoons	1 tablespoon
PASTRY:			
All-purpose flour	1 pound 10 ounces (1 quart 2 1/2 cups sifted)	3 pounds 4 ounces (3 1/4 quarts sifted)	6 pounds 8 ounces (6 1/2 quarts sifted)
Salt	2 teaspoons	4 teaspoons	8 teaspoons
Vegetable shortening or lard	14 ounces (1-3/4 cups)	1 pound 12 ounces (3-1/2 cups)	3 pounds 8 ounces (1-3/4 quarts)
Cold water	1 cup	2 cups	1 quart

Baking sheets 27-3/4 by 17-1/2 inches: 1 for 25 portions, 2 for 50 portions, 4 for 100 portions

NOTE: Serve with vegetable sauce (PA-178, Recipes for Quantity Service, Food Service IV, p. 7).

Ham mixture:

1. Combine ham, onion, tomato sauce, parsley, pepper, mustard, and horseradish. Blend well.

Pastry:

1. Sift together the flour and salt.
2. Cut or rub in the fat until of consistency of coarse cornmeal.
3. Add water and mix quickly.
4. Roll out dough to 1/8 inch thickness on lightly floured board. Cut into circles 5 inches in diameter, weighing 2 ounces each.

Turnovers:

1. Portion ham mixture with a No. 24 scoop (2-2/3 tablespoons) onto one half of pastry circle. Fold other half of the pastry over the ham mixture and seal edge with fork.
2. Place on baking sheet and bake at 400° F. (hot) for 25 minutes.

* Lightly packed

** Well packed

Bureau of Human Nutrition and Home Economics, Food Service V

LIVER LOAF

Portion, Slice about 3 by 2 by 1/2 inch (3 ounces)

Main dish

Ingredients	25 Portions	50 Portions	100 Portions
Beef liver	2 pounds 8 ounces	5 pounds	10 pounds
Finely chopped onions	3 ounces (1/2 cup)	6 ounces (1 cup)	12 ounces (2 cups)
Pork sausage	2 pounds 8 ounces	5 pounds	10 pounds
Whole eggs	1 cup	2 cups	1 quart
Nutmeg	2-1/4 teaspoons	1-1/2 tablespoons	3 tablespoons
All-purpose flour	2 ounces (1/2 cup sifted)	5 ounces (1-1/4 cups sifted)	10 ounces (2-1/2 cups sifted)
Salt	1/2 teaspoon	1-1/4 teaspoons	2-1/2 teaspoons
Milk	1-1/4 cups	2-1/2 cups	1-1/4 quarts

Loaf pans 4-1/2 by 10 inches: 2 for 25 portions, 5 for 50 portions, 10 for 100 portions.

1. Finely grind the liver; add onions. Blend with the sausage.
2. Add eggs, nutmeg, flour, salt, and milk to liver mixture. Beat until well mixed.
3. Place 1-1/4 quarts or 2 pounds 7 ounces in each loaf pan.
4. Bake at 350° F. for 1-1/2 hours.

TURKEY ROLL Portion, 3 ounces plus 1/4 cup gravy

Main dishh

Ingredients	25 Portions	50 Portions	100 Portions
All-purpose flour	1 pound 8 ounces (1-1/2 quarts sifted)	3 pounds (3 quarts sifted)	6 pounds (1-1/2 gallons sifted)
Baking powder	1 ounce (3 tablespoons)	2 ounces (1/3 cup)	4 ounces (2/3 cup)
Salt	1 tablespoon	1 ounce (2 tablespoons)	2 ounces (1/4 cup)
Vegetable shortening or lard	8 ounces (1 cup)	1 pound (2 cups)	2 pounds (1 quart)
Milk	about 2 cups	about 1 quart	about 2 quarts
TURKEY FILLING:			
Finely chopped celery	3 ounces (3/4 cup)	6 ounces (1-1/2 cups)	12 ounces (3 cups)
Finely chopped onion	1 ounce (3 tablespoons)	2 ounces (1/3 cup)	4 ounces (3/4 cup)
Finely chopped cooked turkey	1 pound 8 ounces (1-1/4 quarts)	3 pounds (2-1/2 quarts)	6 pounds (1-1/4 gallons)
Vegetable liquid	2 tablespoons	1/4 cup	1/2 cup
Turkey gravy*	1-3/4 quarts	3-1/2 quarts	1-3/4 gallons

* For recipe see PA-135, Recipes for Quantity Service, Food Service II, p. 5.

1. Sift flour, baking powder, and salt together twice (or blend in mixer).
2. Rub or cut in fat, by hand or in mixer.
3. Add milk and mix just enough to moisten dry ingredients.
4. Turn dough onto a slightly floured board, knead slightly, and divide into 3-pound lots.
5. Roll out each lot into a rectangle 25 inches long, 9 inches wide, and 1/4 inch thick.
6. Make filling: Cook celery and onion together in a little water until tender. Drain. Moisten turkey with vegetable liquid. Add onions and celery.
7. Spread filling evenly over dough; roll like a jelly roll.
8. Cut each roll into 25 one-inch slices.
9. Place on a greased bun pan and bake at 450° F. (hot) 20 minutes.
10. Serve hot with turkey gravy, 1/4 cup per serving.

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CARROTS IN SWEET SAUCE

Portion, 1/2 cup (4-1/2 ounces)

Vegetable

Ingredients	25 Portions	50 Portions	100 Portions
Butter or margarine	6 ounces (3/4 cup)	12 ounces (1-1/2 cups)	1 pound 8 ounces (3 cups)
Chopped onions	12 ounces (2 cups)	1 pound 8 ounces (1 quart)	3 pounds (2 quarts)
Sliced carrots	4 pounds (3-1/4 quarts)	8 pounds (1-3/4 gallons)	16 pounds (3-1/2 gallons)
Water	3 quarts	1-1/2 gallons	3 gallons
Nutmeg	1 teaspoon	2 teaspoons	4 teaspoons
Sugar	2 ounces (1/4 cup)	4 ounces (1/2 cup)	8 ounces (1 cup)
Salt	1 tablespoon	2 tablespoons	2 ounces (1/4 cup)
SAUCE:			
Butter or margarine	6 ounces (3/4 cup)	12 ounces (1-1/2 cups)	1 pound 8 ounces (3 cups)
Cornstarch	1-1/2 ounces (6 tablespoons)	3 ounces (3/4 cup)	6 ounces (1-1/3 cups)
Hot drained liquid from vegetables	1-1/2 quarts	3 quarts	1-1/2 gallons

1. Melt butter or margarine, add onions, and sauté until light brown.
2. Add carrots, water, nutmeg, sugar, and salt. Simmer until vegetables are almost tender. Drain and save liquid.
3. Make sauce: Melt the butter or margarine. Blend in the cornstarch. Add mixture gradually to the drained liquid. Cook until thickened, stirring constantly.
4. Combine sauce and carrots. Simmer for 5 minutes and serve hot.

ONION PUFF Portion, 2-1/2 by 2-3/4 inch piece (3-1/2 ounces)

Vegetable

Ingredients	24 Portions	48 Portions	96 Portions
Butter or margarine	3 ounces (1/3 cup)	6 ounces (3/4 cup)	12 ounces (1-1/2 cups)
Finely chopped onions	1 pound 12 ounces (5-1/2 cups)	3 pounds 8 ounces (2-3/4 quarts)	7 pounds (5-1/2 quarts)
Bread slices	6 ounces	12 ounces	1 pound 8 ounces
Milk	1 quart	2 quarts	1 gallon
All-purpose flour	3 ounces (3/4 cup sifted)	6 ounces (1-1/2 cups sifted)	12 ounces (3 cups sifted)
Salt	1-1/2 teaspoons	1 tablespoon	2 tablespoons
Paprika	1 teaspoon	1-1/2 teaspoons	1 tablespoon
Celery salt	1 teaspoon	1-1/2 teaspoons	1 tablespoon
Finely chopped pimiento	1/3 cup	3/4 cup	1-1/2 cups
Eggs, beaten	1-1/2 cups	3 cups	1-1/2 quarts

Pans 16-1/2 by 10-1/2 inches: 1 for 24 portions, 2 for 48 portions, 4 for 96 portions.

1. Melt butter or margarine, add onions, cover pan, and simmer until onions are tender, about 30 minutes.
2. Place bread and milk in bowl and blend (or beat at low speed on mixer until blended).
3. Beat flour, salt, paprika, celery salt, and pimiento into bread-milk mixture.
4. Combine the onions and eggs with the mixture.
5. Pour into greased pans (2-1/4 quarts or 5 pounds 4 ounces per pan). Place in hot water.
6. Bake at 350° F. (moderate) for 1 hour or until set.

NOTE: Serve with cheese sauce (PA-157, Recipes for Quantity Service Food Service III, p. 7).

JELLIED BEET SALAD

Portion, 1/2 cup (4 ounces)

Salad

Ingredients	25 Portions	50 Portions	100 Portions
Unflavored gelatin	2 ounces (6 tablespoons)	4 ounces (3/4 cup)	8 ounces (1-1/2 cups)
Gold water	1-1/2 cups	3 cups	1-1/2 quarts
Hot water	1 cup	2 cups	1 quart
Liquid from canned beets	2 cups	1 quart	2 quarts
Chopped canned beets	1 pound 8 ounces (1 quart)	3 pounds (2 quarts)	6 pounds (1 gallon)
Onion juice	2-1/4 ounces (1/4 cup)	4-1/2 ounces (1/2 cup)	9 ounces (1 cup)
Salt	2-1/2 teaspoons	5 teaspoons	3-1/3 tablespoons
Horseradish	2-1/2 teaspoons	5 teaspoons	3-1/3 tablespoons
Sugar	4 ounces (1/2 cup)	8 ounces (1 cup)	1 pound (2 cups)
Lemon juice	1-1/3 cups	2-2/3 cups	1-1/4 quarts
Chopped celery	1 pound (1 quart)	2 pounds (2 quarts)	4 pounds (1 gallon)
Chopped green pepper	5 ounces (1 cup)	10 ounces (2 cups)	1 pound 4 ounces (1 quart)

1. Soak gelatin in cold water for 5 minutes. Dissolve in hot water.
2. Add beet liquid and cool until mixture begins to thicken.
3. Blend beets, onion juice, salt, horseradish, sugar, and lemon juice. Let stand 30 minutes.
4. Combine the gelatin and beet mixtures, celery, and green pepper.
5. For each portion, ladle 1/2 cup of the mixture into an individual mold.
6. Chill until firm.

RED CABBAGE-AVOCADO SALAD Portion, 1/2 cup (2-1/2 ounces)

Salad

Ingredients	25 Portions	50 Portions	100 Portions
Diced avocado	11 ounces (2-1/4 cups)	1 pound 6 ounces (4-1/2 cups)	2 pounds 12 ounces (2-1/4 quarts)
Sweet french dressing*	1 cup	2-1/4 cups	4-1/2 cups
Red cabbage, shredded	2 pounds 3 ounces	4 pounds 6 ounces	8 pounds 12 ounces
Diced celery	10 ounces (2-1/2 cups)	1 pound 4 ounces (1-1/4 quarts)	2 pounds 8 ounces (2-1/2 quarts)
Finely chopped onion	3 ounces (1/2 cup)	6 ounces (1 cup)	12 ounces (2 cups)
Salt	1 teaspoon	2-1/4 teaspoons	4-1/2 teaspoons

1. Mix avocado with part of the french dressing.
 2. Combine cabbage, avocado, celery, onion, and salt. Toss together lightly.
 3. Pour remaining french dressing over the mixture and gently stir to blend.
 4. Chill before serving.
- * For recipe see PA-135, Recipes for Quantity Service, Food Service II, p. 17.

CRANBERRY UPSIDE-DOWN CAKE

Portion, 2-1/2 by 2-3/4 by 2-1/2 inches (3 ounces)

Dessert

Ingredients	24 Portions	48 Portions	96 Portions
CRANBERRY MIXTURE:			
Finely ground cranberries	1 pound 14 ounces (1-1/2 quarts)	3 pounds 12 ounces (3 quarts)	7 pounds 8 ounces (1-1/2 gallons)
Sugar	1 pound 8 ounces (3 cups)	3 pounds (1-1/2 quarts)	6 pounds (3 quarts)
Orange juice	1 cup	2 cups	1 quart
CAKE MIXTURE:			
Cake flour	8 ounces (2-1/4 cups sifted)	1 pound 2 ounces (1-1/4 quarts sifted)	2 pounds 4 ounces (2-1/2 quarts sifted)
Baking powder	2-1/2 teaspoons	5 teaspoons	1-1/2 ounces (1/4 cup)
Eggs	1-1/3 cups	2-2/3 cups	5-1/3 cups
Sugar	1 pound 4 ounces (2-1/2 cups)	2 pounds 8 ounces (1-1/4 quarts)	5 pounds (2-1/2 quarts)
Lemon juice	4 teaspoons	3 tablespoons	1/3 cup
Hot milk	1 cup	2 cups	1 quart

Pans 16-1/2 by 10-1/2 inches: 1 for 24 portions, 2 for 48 portions, 4 for 96 portions.

Cranberry Mixture:

1. Combine cranberries, sugar, and orange juice.

2. Bring to a boil and simmer for 7 minutes. Pour into greased baking pans (1-1/2 quarts or 3 pounds 8 ounces to each pan).

Cake Mixture:

1. Sift flour and baking powder together three times.

2. Beat eggs about 10 minutes until very thick and light (or 5 minutes at medium speed on mixer).

3. Add sugar gradually, beating until well blended; then add lemon juice.

4. Fold in flour-baking powder mixture gradually.

5. Add milk and mix quickly until batter is smooth.

6. Pour over cranberry mixture.

7. Bake at 350° F. (moderate) for 50 minutes.

CRANBERRY WHIP

Portion, 1/2 cup (2-3/4 ounces)

Dessert

Ingredients	25 Portions	50 Portions	100 Portions
Cranberries	2 pounds (2 quarts)	4 pounds (1 gallon)	8 pounds (2 gallons)
Water	2-1/4 cups	4-1/2 cups	2-1/4 quarts
Gelatin	1 ounce (3 tablespoons)	2 ounces (6 tablespoons)	4 ounces (3/4 cup)
Cold water	3/4 cup	1-1/2 cups	3 cups
Sugar	1 pound 2 ounces (2-1/4 cups)	2 pounds 4 ounces (4-1/2 cups)	4 pounds 8 ounces (2-1/4 quarts)
Egg whites	1 cup	2 cups	1 quart
Lemon juice	2 tablespoons	1/4 cup	1/2 cup

1. Cook cranberries in the water for 8 minutes.
2. Remove from heat and press through sieve.
3. Soften gelatin in cold water and add to the cranberries.
4. Combine two-thirds of the sugar (12 ounces for 25, 1 pound 8 ounces for 50, 3 pounds for 100 portions) with the cranberry mixture. Mix well.
5. Chill mixture until it begins to thicken.
6. Beat egg whites until stiff but not dry, add remaining sugar, and beat well.
7. Fold in the thickened cranberry mixture and lemon juice.
8. Portion into individual servings with a No. 8 scoop (1/2 cup). Chill and serve with a custard sauce.

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PEACH TAPIOCA Portion, 2/3 cup (5-3/4 ounces)

Dessert

Ingredients	25 Portions	50 Portions	100 Portions
Quick-cooking tapioca	7 ounces (1-1/4 cups)	14 ounces (2-1/3 cups)	1 pound 12 ounces (4-2/3 cups)
Water	5-1/2 cups	2-3/4 quarts	5-1/2 quarts
Brown sugar	1 pound 8 ounces (3-1/2 cups*)	3 pounds (1-3/4 quarts*)	6 pounds (3-1/2 quarts*)
Butter or margarine	3 ounces (1/3 cup)	5 ounces (2/3 cup)	10 ounces (1-1/4 cups)
Salt	1-1/4 teaspoons	2-1/2 teaspoons	5 teaspoons
Lemon juice	3 tablespoons	1/3 cup	2/3 cup
Diced fresh, canned or frozen peaches**	5 pounds (2-3/4 quarts)	10 pounds (5-1/2 quarts)	20 pounds (2-3/4 gallons)

Pans 16-1/2 by 10-1/2 inches: 1 for 25 portions, 2 for 50 portions, 4 for 100 portions.

1. Cook tapioca and water in double boiler for 15 minutes.
2. Add sugar, butter or margarine, salt, and lemon juice.
3. In greased baking pans place a layer of peaches (1-1/4 quarts to each pan). Cover with tapioca (2-1/4 quarts to each pan). Top with peaches (1-1/4 quarts to each pan).
4. Bake at 350° F. (moderate) for 1 hour.

* Well packed

** With canned or frozen peaches, use the sirup in place of all or part of the water and reduce the quantity of sugar.

PRUNE CAKE

Portion, 2-3/4 by 2-1/2 inches (2-1/2 ounces)

Dessert

Ingredients	24 Portions	48 Portions	96 Portions
Butter or margarine	10 ounces (1-1/4 cups)	1 pound 4 ounces (2-1/2 cups)	2 pounds 8 ounces (1-1/4 quarts)
Sugar	1 pound (2 cups)	2 pounds (1 quart)	4 pounds (2 quarts)
Egg yolks	1/2 cup	7/8 cup	1-3/4 cups
Cake flour	10 ounces (3 cups sifted)	1 pound 4 ounces (1-1/2 quarts sifted)	2 pounds 8 ounces (2-3/4 quarts sifted)
Nutmeg	1 teaspoon	2 teaspoons	4 teaspoons
Cinnamon	1 teaspoon	2 teaspoons	4 teaspoons
Cloves	1 teaspoon	2 teaspoons	4 teaspoons
Allspice	1 teaspoon	2 teaspoons	4 teaspoons
Soda	2 teaspoons	4 teaspoons	8 teaspoons
Milk	1/2 cup	1 cup	2 cups
Coarsely chopped nuts	4 ounces (1 cup)	8 ounces (2 cups)	1 pound (1 quart)
Coarsely chopped cooked prunes	1 pound (2 cups)	2 pounds (1 quart)	4 pounds (2 quarts)
Egg whites	3/4 cup	1-1/2 cups	3 cups

Pans 16-1/2 by 10-1/2 inches: 1 for 24 portions, 2 for 48 portions, 4 for 96 portions.

1. Cream butter or margarine and sugar (on mixer, at medium speed for 5 minutes).
2. Add egg yolks; continue beating 1 minute.
3. Sift together cake flour, nutmeg, cinnamon, cloves, allspice, and soda.
4. Add dry ingredients and milk alternately to the creamed mixture.
5. Stir in the nuts and prunes.
6. Beat egg whites until stiff and carefully mix them into the batter (at low speed for 4 minutes).
7. Pour into greased pans (about 2-1/2 quarts to each pan).
8. Bake at 350° F. (moderate) for 50 minutes.

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